

YOU'RE INVITED!  
CELEBRATE THE  
GRAND OPENING OF THE  
NORFOLK BOXING CENTER!  
SEE PAGE 2 FOR DETAILS

WINTER 2017  
**GOOD  
TIMES**

**GET OUT AND PLAY!**

★  
RECREATION, PARKS & OPEN SPACE  
COURSE GUIDE

THE CITY OF  
**NORFOLK**  
RECREATION, PARKS & OPEN SPACE



## FROM THE RPOS DIRECTOR

*Champions aren't made in gyms. Champions are made from something they have deep inside them - a desire, a dream, a vision. They have to have the skill, and the will. But the will must be stronger than the skill.*  
~ Muhammad Ali

At Norfolk RPOS, we believe everyone has the ability to shine. Many find their path to success in the boxing ring. The boxing program in Norfolk has had not one, but two Olympic coaches, as well as Olympic boxers and nationally ranked boxers. And this November, these hard-working athletes are getting a state-of-the-art facility in which to train.

The Norfolk Boxing Center at Harbor Park, is a 13,000 square foot state-of-the-art facility that boasts two U.S.A. Boxing regulation-sized competition rings, stadium-style seating, and the capacity to host larger shows and championship bouts. The popular boxing program, which includes life skills and scholastic support, is in high demand and the larger space will benefit even more young athletes. We are excited at the opportunity to help even more young people get out in play in ways that will help them find success now and throughout life.



Sincerely,

Darrell R. Crittendon, Director  
Recreation, Parks & Open Space

***And in this corner....***

## **NEW! NORFOLK BOXING CENTER**

Harbor Park, 150 Park Ave.

### **This state-of-the-art facility offers:**

*Two USA Boxing regulation-sized rings*  
*Hosting for large shows/state championship*  
*Parents' Lounge*  
*Homework / tutoring classroom*  
*Fitness equipment/classes*  
*Plenty of parking*  
*Light rail stop just steps from the door*

### **Join Team Norfolk Boxing!**

**Men & Women Olympic Boxing (ages 8-40)**  
Residents; \$10/year, Non-residents: \$50/year

**6-Week Beginner Boxing Classes (Ages 5+)**  
Residents: \$30, Non-residents: \$50

**6-Week Intermediate Boxing Class (Ages 5+)**  
Residents: \$40, Non-residents: \$60

**Adult Annual Fitness Membership (Ages 18+)**  
Residents: \$60, Non-residents: \$125

Call 823-4291 for more information

OPENS  
NOVEMBER 2016  
EXPANDED  
PROGRAMMING  
IN EARLY 2017

***"Champions in the ring – champions in life."***

# FACILITIES INFORMATION

## RECREATION CENTERS

Bayview Recreation Center *	441-1626	8613 Willow Terrace, 23503	
Berkley Community Center **	441-1912	121 W. Liberty St., 23523	(Open Sat: 11a-4p)
Campostella Recreation Center **	441-1974	1130 Leake St., 23523	
Captain's Quarters Recreation Center	441-1715	800 Little Bay Ave., 23503	(Closed Fall-Spring)
Crossroads Community Center *	965-9430	8019 Old Ocean View Rd., 23505	
E. Ocean View Community Center **	441-1785	9520 E. 20th Bay St., 23518	(Open Sat: 11a-4p)
Fairlawn Recreation Center *	441-5670	1014 Kempsville Rd., 23502	
Grandy Village Recreation Center **	441-2117	3016 Kimball Terrace, 23504	
Huntersville Community Center **	664-7430	830 Goff St., 23504	(Open Sat: 11a-4p)
Ingleside Recreation Center **	441-5621	940 Ingleside Rd., 23502	
Lambert's Point Community Center ***	423-1088	1251 W. 42nd St., 23508	(Open Sat: 11a-4p)
Merrimack Landing Recreation Center **	441-1783	8809 Monitor Way, 23503	
Norview Community Center ***	441-1440	6380 Sewells Point Rd., 23513	(Open Sat: 11a-4p)
Park Place Community Center **	664-7531	606 W. 29th St., 23508	
Sherwood Forest Community Center *	441-5824	4537 Little John Dr., 23513	
Tarrallton Community Center*	441-1765	2100 Tarrallton Drive, 23518	
Titustown Recreation Center **	441-1259	7545 Diven St., 23505	
Young Terrace Community Center *	441-2692	804 Whitaker Ln., 23510	

## RECREATION CENTER HOURS

*	Tu-Th: 6:30-9:30a, 3:00-8:00p; Mon/Fri: 6:30-9:30a, 3:00-8:00p
**	Tu-Th: 2:30-8:00p; Mon/Fri: 2:30-6:00p
***	Mon-Fri: 10:00a-8:30p; Sat: 11:00a-4:00p
****	M: 9a-12:00p; 3-4:00p; T: 9-10:00a, 2:30-5:00p; W: 9-12p, 2:30-4:00p; Th: closed; F: 11-12p, 3-5:00p
*****	M: 9a-1:00p, Tu-Fri: 9a-6:00p

## POOLS

Berkley Outdoor Seasonal Pool	441-1969	89 Liberty St., 23523
Chesterfield Outdoor Seasonal Pool	441-5410	2915 Westminster Ave., 23504
Huntersville Indoor Pool	664-7431	830 Goff St., 23504
Norfolk Fitness & Wellness Center (NFWC)	823-4306	7300 Newport Ave., 23505
Northside Indoor Pool	441-1760	8401 Tidewater Dr., 23518
Southside Aquatics Center Indoor Pool	333-3281	1750 Campostella Rd., 23523

## OTHER FACILITIES

Campostella Computer Resource Center	543-0876	1714 Mt. Vernon Ave., 23523
Diggs Town Computer Resource Center	227-9915	1401 Melon St., 23523
Ingleside Community Gym **	226-7102	960 Ingleside Rd., 23502
Lakewood Athletic Office	441-5834/5	1612 Willow Wood Dr., 23509
Lakewood Dance & Music	441-5833	1612 Willow Wood Dr., 23509
Norfolk Fitness & Wellness Center (NFWC)	823-4301	7300 Newport Ave., 23505
Northside Skate Plaza		8401 Tidewater Dr., 23518
Oakleaf Computer Resource Center *****	227-9915	1704 Greenleaf Dr., 23523
Ocean View Senior Center	441-1767	600 E. Ocean View Ave., 23503
Southside Senior Center *****	664-6484	925 S. Main St., 23523
Team Norfolk Boxing	441-2787	2500 Barraud Ave., 23504
Therapeutic Recreation Center *****	441-1764	180 E. Evans St., 23503
Titustown Visual Arts Center	441-1227	7545 Diven St., 23505
Vivian C. Mason Teen Center	747-2679	700 E. Olney Rd., 23504



# AQUATICS

Registration begins 12/05

## PARENT & CHILD AQUATICS 1

Ages 6mos-4 • To familiarize very young children and caregiver(s) with basic elements of water safety and the learn-to-swim program. Child must be at least 6 months of age and wear a swim diaper if needed. Parent or caregiver must accompany child in the water.

### LOCATION: NFWC POOL

810101-11	Tu,Th	1/10-2/2	10-10:30a	12/28	\$25/\$38
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### LOCATION: NORTHSIDE POOL

810101-01	Sa	1/7-2/25	12-12:30p	12/28	\$25/\$38
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### LOCATION: SOUTHSIDE AQUATIC

810101-41	Sa	1/7-2/25	9-9:30a	1/6	\$25/\$38
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## PARENT & CHILD AQUATICS 2

Ages 6mos-3 • Prerequisite: Completion of Parent & Child Aquatics 1.

### LOCATION: NORTHSIDE POOL

810102-01	Sa	1/7-2/25	12:30-1p	12/28	\$25/\$38
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### LOCATION: SOUTHSIDE AQUATIC

810102-41	Sa	1/7-2/25	9-9:30a	1/6	\$25/\$38
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## PRESCHOOL AQUATICS LEVEL 1

Ages 4-5 • No skill prerequisites. To orient preschool-age children to aquatic environments and to help them acquire rudimentary levels of basic aquatic skills. Child must confidently separate from parent and follow instructor's direction.

### LOCATION: HUNTERSVILLE POOL

810201-32	Tu,Th	1/10-2/2	5-5:45p	12/28	\$30/\$45
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810201-31	Sa	1/7-2/25	9-9:45a	1/6	\$30/\$45
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### LOCATION: NFWC POOL

810201-11	Tu,Th	1/10-2/2	4-4:45p	12/28	\$30/\$45
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810201-12	Sa	1/7-2/25	11-11:45a	12/28	\$30/\$45
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810201-13	Tu,Th	2/14-3/9	4-4:45p	12/28	\$30/\$45
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### LOCATION: NORTHSIDE POOL

810201-03	W,F	1/11-2/3	5-5:45p	12/28	\$30/\$45
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810201-01	Sa	1/7-2/25	10-10:45a	12/28	\$30/\$45
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810201-02	M	1/9-3/13	5-5:45p	12/28	\$30/\$45
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### LOCATION: SOUTHSIDE AQUATIC

810201-41	Sa	1/7-2/25	9-9:45a	1/6	\$25/\$38
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## PRESCHOOL AQUATICS LEVEL 2

Ages 4-5 • Prerequisites: Preschool Aquatics Level I or demonstrated ability to perform exit skills of that level.

### LOCATION: NFWC POOL

810202-11	Tu,Th	1/10-2/2	4-4:45p	12/28	\$30/\$45
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810202-12	Sa	1/7-2/25	11-11:45a	12/28	\$30/\$45
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810202-13	Tu,Th	2/14-3/9	4-4:45p	12/28	\$30/\$45
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### LOCATION: NORTHSIDE POOL

810202-01	Sa	1/7-2/25	11-11:45a	12/28	\$30/\$45
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## LEVEL 1: INTRODUCTION TO WATER

Ages 6-15 • No skill prerequisites. Child must confidently separate from parent and follow instructor's directions. Develop positive attitudes, good swimming habits and safe practices.

### LOCATION: HUNTERSVILLE POOL

810301-31	Tu,Th	1/10-2/2	5-5:45p	12/28	\$30/\$45
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810301-32	Sa	1/7-2/25	10-10:45a	12/28	\$30/\$45
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### LOCATION: NFWC POOL

810301-11	Tu,Th	1/10-2/2	5-5:45p	12/28	\$30/\$45
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810301-12	Sa	1/7-2/25	10-10:45a	12/28	\$30/\$45
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810301-13	Tu,Th	2/14-3/9	5-5:45p	12/28	\$30/\$45
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### LOCATION: NORTHSIDE POOL

810301-03	W,F	1/11-2/3	6-6:45p	12/28	\$30/\$45
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810301-01	Sa	1/7-2/25	11-11:45a	12/28	\$30/\$45
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810301-02	Sa	1/7-2/25	12-12:45p	12/28	\$30/\$45
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### LOCATION: SOUTHSIDE AQUATIC

810301-41	Sa	1/7-2/25	10-10:45a	1/6	\$25/\$38
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## LEVEL 2: FUNDAMENTAL AQUATICS

Ages 6-15 • Prerequisite: Valid Level I certificate or demonstrated ability to perform exit skills of that level. Improve fundamental skills, such as floating without support, and to recover to a vertical position.

### LOCATION: HUNTERSVILLE POOL

810302-32	Tu,Th	1/10-2/2	5-5:45p	12/28	\$30/\$45
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### LOCATION: NFWC POOL

810302-11	Tu,Th	1/10-2/2	5-5:45p	12/28	\$30/\$45
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810302-12	Sa	1/7-2/25	10-10:45a	12/28	\$30/\$45
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810302-13	Tu,Th	2/14-3/9	5-5:45p	12/28	\$30/\$45
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### LOCATION: NORTHSIDE POOL

810302-01	Sa	1/7-2/25	11-11:45a	12/28	\$30/\$45
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810302-02	M	1/9-3/13	6-6:45p	12/28	\$30/\$45
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### LOCATION: SOUTHSIDE AQUATIC

810302-41	Sa	1/7-2/25	10-10:45a	1/6	\$25/\$38
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## LEVEL 3: STROKE DEVELOPMENT

Ages 6-15 • Prerequisite: Valid Level II certificate or demonstrated ability of that level. Introduces new swimming and water safety skills. Includes the front crawl and backstroke, scissors and dolphin kicks, survival float, increased time treading water, and to enter the water headfirst.

### LOCATION: HUNTERSVILLE POOL

810303-31	Sa	1/7-2/25	11-11:45a	12/28	\$30/\$45
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### LOCATION: NFWC

810303-11	Tu,Th	1/10-2/2	6-6:45p	12/28	\$30/\$45
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810303-13	Tu,Th	2/14-3/9	6-6:45p	12/28	\$30/\$45
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### LOCATION: NFWC POOL

810303-12	Sa	1/7-2/25	9-9:45a	12/28	\$30/\$45
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### LOCATION: NORTHSIDE POOL

810303-02	W,F	1/11-2/3	5-5:45p	12/28	\$30/\$45
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810303-01	Sa	1/7-2/25	10-10:45a	12/28	\$30/\$45
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### LOCATION: SOUTHSIDE AQUATIC

810303-41	Sa	1/7-2/25	11-11:45a	1/6	\$25/\$38
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## LEVEL 4: STROKE IMPROVEMENT

Ages 6-15 • Valid Level 3 certificate or demonstrated ability to perform same exit skills. Develop level 3 strokes and other aquatic skills.

### LOCATION: HUNTERSVILLE POOL

810304-31	Sa	1/7-2/25	11-11:45a	12/28	\$30/\$45
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### LOCATION: NFWC POOL

810304-12	Sa	1/7-2/25	9-9:45a	12/28	\$30/\$45
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810304-13	Tu,Th	2/14-3/9	6-6:45p	12/28	\$30/\$45
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# AQUATICS

Registration begins 12/05

LOCATION: NORTHSIDE POOL  
810304-01 Sa 1/7-2/25 9-9:45a 12/28 \$30/\$45

## LEVEL 5: STROKE REFINEMENT

Ages 6-15 • Level 4 certificate or demonstrated ability of exit skills.

LOCATION: NORTHSIDE POOL

810305-01 Sa 1/7-2/25 10-10:45a 12/28 \$30/\$45  
810305-02 M 1/9-3/13 6-6:45p 12/28 \$30/\$45

## LEVEL 6: FITNESS SWIMMER

Ages 6-15 • Level 5 certificate or demonstrated ability of exit skills. Refine strokes for ease, efficiency, power and smoothness.

LOCATION: NORTHSIDE POOL

810306-01 Sa 1/7-2/25 9-9:45a 12/28 \$30/\$45

## BEGINNER SWIMMING

Ages 16 & Up • Progress through each level at an individual pace.

LOCATION: HUNTERSVILLE POOL

810307-31 Sa 1/7-2/25 11-11:45a 1/6 \$30/\$45

LOCATION: NFWC POOL

810307-12 Tu,Th 1/10-2/2 6-6:45p 12/28 \$30/\$45

LOCATION: NORTHSIDE POOL

810307-01 W 1/11-3/1 6-6:45p 12/28 \$30/\$45

LOCATION: SOUTHSIDE AQUATIC

810307-41 Sa 1/7-2/25 11-11:45a 1/6 \$25/\$38

## H2LOW IMPACT

Ages 16 & Up • Exercises that help improve joint flexibility and muscle strength.

LOCATION: NFWC POOL

810401-11 M,W,F 1/4-1/30 11-11:50a 12/25 \$30/\$45

810401-12 M,W,F 2/1-2/27 11-11:50a 1/22 \$30/\$45  
810401-13 M,W,F 3/1-3/31 11-11:50a 2/19 \$30/\$45

LOCATION: NORTHSIDE POOL

810401-01 M,W,F 1/4-1/30 12-12:50p 12/25 \$30/\$45  
810401-02 M,W,F 2/1-2/27 12-12:50p 1/22 \$30/\$45  
810401-03 M,W,F 3/1-3/31 12-12:50p 2/19 \$30/\$45

## SHALLOW WATER FITNESS

Ages 16 & Up • Water shoes recommended. Improve your cardiovascular health, flexibility, muscle tone and endurance. Shoes, gloves, swim caps and other water wear may be worn for those sensitive to water temps 84-86.

LOCATION: NFWC POOL

810402-11 M,W,F 1/4-1/30 8-8:50a 12/25 \$30/\$45  
810402-12 M,W,F 2/1-2/27 8-8:50a 1/22 \$30/\$45  
810402-13 M,W,F 3/1-3/31 8-8:50a 2/19 \$30/\$45

LOCATION: NORTHSIDE POOL

810402-01 M,W,F 1/4-1/30 9-9:50a 12/25 \$30/\$45  
810402-02 M,W,F 2/1-2/27 9-9:50a 1/22 \$30/\$45  
810402-03 M,W,F 3/1-3/31 9-9:50a 2/19 \$30/\$45

## DEEP WATER FITNESS

Ages 16 & Up • Prerequisite: Tread water comfortably w/o a flotation device. Participants wear provided flotation belt for buoyancy. Enjoy a high-energy, non-impact cardiovascular workout in deep water.

LOCATION: NFWC POOL

810403-11 Tu,Th 1/3-1/31 9-9:50a 12/25 \$30/\$45  
810403-12 Tu,Th 2/2-2/28 9-9:50a 1/22 \$30/\$45  
810403-13 Tu,Th 3/2-3/30 9-9:50a 2/19 \$30/\$45

LOCATION: NORTHSIDE POOL

810403-01 M,W,F 1/4-1/30 6-6:50p 12/25 \$30/\$45  
810403-02 M,W,F 2/1-2/27 6-6:50p 1/22 \$30/\$45  
810403-03 M,W,F 3/1-3/31 6-6:50p 2/19 \$30/\$45

# COMPUTERS

## BEGINNER COMPUTER COURSE

Ages 55 & Up • Learn about computer parts, basic maintenance, and the Windows 7 operating system. Basic typing skills emphasized.

LOCATION: NORVIEW COM CTR

232010-01 Tu,Th 1/3-3/7 10a-12p 12/22 \$25/\$38

## INTERMEDIATE COMPUTER COURSE

Ages 55 & Up • Prerequisite: Proficiency in Beginner Computer Course or equivalent. Experiment with Microsoft 2013 programs. Learn about a computer's operating system, loading and unloading programs and drivers, folder organization and basic home-use troubleshooting.

LOCATION: NORVIEW COM CTR

232011-01 M,W 1/9-3/8 10a-12p 12/22 \$25/\$38

## INTRO TO COMPUTING

Ages 18 & Up • Learn about computer parts, basic maintenance and the Windows 7 operating system. Basic typing skills emphasized and ethical uses of the internet explained and demonstrated.

LOCATION: NORVIEW COM CTR

232012-01 M 1/9-3/13 6-8p 12/22 \$45/\$68

## MICROSOFT EXCEL 2013

Ages 18 & Up • Prerequisite: Proficiency in Beginner Computer Course or equivalent. Learn basic spreadsheet functions in Excel 2013, keyboard shortcuts and how to navigate the menu bars, customize ribbon options, and create formulas to help with your business or home finances.

LOCATION: NORVIEW COM CTR

232012-01 W 1/4-3/8 6-8p 12/22 \$45/\$68

## MICROSOFT POWER PT & PUB

Ages 18 & Up • Prerequisite: Proficiency in Beginner Computer Course or equivalent. Create professional slide shows by importing pictures, graphics and video. Create your own publications for print and the web.

LOCATION: LAMBERTS PT. COM CNT

232014-01 Tu 1/3-3/7 6-8p 12/22 \$45/\$68

## MICROSOFT WORD 2013 BASICS

Ages 18 & Up • Prerequisite: Proficiency in Beginner Computer Course or equivalent. Learn to use Microsoft Word 2013. Navigate Word ribbon menus, keyboard shortcuts, tables and borders. Introduction of flyer templates.

LOCATION: NORVIEW COM CTR

232015-01 Th 1/5-3/9 6-8p 12/22 \$45/\$68



# DANCE

Registration begins 12/05

## BALLET COMPANY

Ages 12 & Up • Apprentice Ballet Level B or equivalent skills en pointe and instructor permission required. Exhibit correct placement, strong technical execution of steps and knowledge of ballet vocabulary. Emphasis on musicality and performance quality. Intermediate and advanced pointe work taught. To be in Ballet Company, register for: 230017-01 & 230017-02.

LOCATION: LAKEWOOD DANCE/MUSIC

230017-01	M	1/9-3/13	4-6p	12/22	\$51/\$77
230017-02	W	1/4-3/8	4-5:30p	12/22	\$45/\$68
230017-03	F	1/6-3/10	4-5:30p	12/22	\$45/\$68
230017-04	F	1/6-3/10	5:30-6p	12/22	\$15/\$23

## BALLET I

Ages: 7-13 • Barre work, basic ballet skills, attention to posture, stretching.

LOCATION: LAKEWOOD DANCE/MUSIC

230310-01	Sa	1/7-3/11	11:30a-12:30p	12/22	\$32/\$48
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LOCATION: NFWC

230310-02	Tu	1/3-3/7	5:15-6:15p	12/22	\$32/\$48
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LOCATION: NORVIEW COM CTR

230310-03	Th	1/5-3/9	6:30-7:30p	12/22	\$32/\$48
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Ages 14 & Up

LOCATION: LAKEWOOD DANCE/MUSIC

230310-04	W	1/4-3/8	7-8p	12/22	\$32/\$48
230310-05	Sa	1/7-3/11	9:30-10:30a	12/22	\$32/\$48

## BALLET II

Ages: 7-13 • Ballet I or equivalent skills and instructor permission required. Emphasizes advanced barre work, center work and ballet skills.

LOCATION: LAKEWOOD DANCE/MUSIC

230311-01	Th	1/5-3/9	4:30-5:30p	12/22	\$32/\$48
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## BALLET III

Ages: 8-13 • Prerequisite: Ballet II or equivalent skills. Instructor permission required. Emphasizes advanced barre work, center work and ballet skills.

LOCATION: LAKEWOOD DANCE/MUSIC

230312-01	F	1/6-3/10	5:30-6:30p	12/22	\$32/\$48
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## BALLET IV

Ages: 9-18 • Completion of Ballet III or equivalent skills and instructor permission required. Emphasis on advanced barre work, center work and ballet skills. A second ballet course/week strongly recommended.

LOCATION: LAKEWOOD DANCE/MUSIC

230313-01	F	1/6-3/10	4-5:30p	12/22	\$45/\$68
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Ages 13& Up

230313-02	W	1/4-3/8	8-9:30p	12/22	\$45/\$68
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LOCATION: NFWC

230313-03	Sa	1/7-3/11	11a-12:30p	12/22	\$45/\$68
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## BALLET V

Ages 11-18 • Completion of Ballet IV or equivalent skills and instructor permission required. Continue a serious study of steps and technique with a performance emphasis. Strengthen technical skill at an intermediate level with proper technique, strength and coordination. A second ballet course/week strongly recommended.

LOCATION: LAKEWOOD DANCE/MUSIC

230314-01	Th	1/5-3/9	6:30-8:00p	12/22	\$45/\$68
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## APP BALLET: PRE-POINTE

Ages 9-18 • Prerequisite: Ballet IV or equivalent skills. Must be currently enrolled in any Ballet IV or higher to participate in this course. Instructor permission required. Emphasis on advanced barre work and ballet skills.

LOCATION: NFWC

230315-01	Tu	1/3-3/7	4:15-5:15p	12/22	\$32/\$48
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## APP BALLET POINTE/PARTNERING

Ages 11 & Up • Prerequisite: Ballet V or equivalent skills. Must be enrolled in two ballet classes/week. Instructor permission required. Enhance classical ballet training thru structured and disciplined intermediate ballet technique course. Increase strength and coordination through beginning pointe work.

LOCATION: LAKEWOOD DANCE/MUSIC

230316-01	F	1/6-3/10	4-5:30p	12/22	\$45/\$68
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## NEW! Teen BELLY DANCE I

Ages 13-17 • Learn warm-ups, basic moves, isolations, choreography and self-expression.

LOCATION: LAKEWOOD DANCE/MUSIC

230410-01	Tu	1/3-3/7	7-8p	12/22	\$32/\$48
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## BELLY DANCE I

Ages 16 & Up • Explore the ancient art of Middle Eastern Belly Dance. Learn warm-ups, basic moves, isolations, and choreography and self-expression.

LOCATION: NORVIEW COM CTR

230410-02	Th	1/5-3/9	5:30-6:30p	12/22	\$32/\$48
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## BELLY DANCE II

Ages 16 & Up • Prerequisite: Belly Dance I at least 3 sessions with regular attendance. At least 1 Norfolk Recreation Belly Dance recital preferred.

Audition and instructor permission required. Perfect technique, combinations, veil work and zils.

LOCATION: NFWC

230411-01	M	1/9-3/13	6:45-7:45p	12/22	\$26/\$39
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## BELLY DANCE III

Ages 16 & Up • Prerequisite: Belly Dance II at least 6 sessions with regular attendance, at least 2 Norfolk performances in a Belly Dance II class, & proficiency in basic veil and zil technique. Audition and instructor permission required. Enhance performance skills by participating in impromptu solo exercises during class, performing a solo and choreographing/teaching a dance to the class.

LOCATION: LAKEWOOD DANCE/MUSIC

230412-01	Th	1/5-3/9	8:30-9:30p	12/22	\$32/\$48
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## MOMMY & ME

Ages 2-4 • Experience creative movements and learn basic rhythms through the use of percussion instruments. Enhance social skills through exciting games and simple art projects. Fee includes parent and one child. Parent participation required.

LOCATION: LAKEWOOD DANCE/MUSIC

230610-01	M	1/9-3/13	11a-12p	12/22	\$52/\$78
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## CREATIVE DANCE

Ages 4-6 • Introduces children to self-awareness and self-expression. Students develop coordination, basic motor skills and social skills.

LOCATION: LAKEWOOD DANCE/MUSIC

230710-02	Tu	1/3-3/7	5:30-6:30p	12/22	\$32/\$48
230710-03	Th	1/5-3/9	3:30-4:30p	12/22	\$32/\$48
230710-04	Sa	1/7-3/11	10:30-11:30a	12/22	\$32/\$48

LOCATION: NORVIEW COM CTR

230710-05	W	1/4-3/8	5-6p	12/22	\$32/\$48
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## CREATIVE DANCE II

Ages: 5-6 • Five year olds must have completed 3 consecutive sessions of Creative Dance I. New six year olds must have completed 1 session of Creative Dance I.

LOCATION: LAKEWOOD DANCE/MUSIC

# DANCE

Registration begins 12/05

230711-01	Tu	1/3-3/7	4:30-5:30p	12/22	\$32/\$48
230711-02	Sa	1/7-3/11	9:30-10:30a	12/22	\$32/\$48

## TAHITIAN CARDIO

Ages 16 & Up • Dance to the fast pace of drumming and other twanging and tinkling instruments. June recital optional. Must be willing to dance in bare feet.

LOCATION: NFWC

230810-01	Sa	1/7-3/11	10-11a	12/22	\$32/\$48
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## HAWAIIAN DANCE I

Ages 16 & Up • Learn to hula and tell the song's story with lovely hands and gentle hip sways in this class designed for women.

LOCATION: LAKEWOOD DANCE/MUSIC

230910-01	M	1/9-3/13	10-11a	12/22	\$26/\$39
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## HIP HOP

Ages 7-13 • Enjoy the energetic self-expression of hip-hop dance.

LOCATION: CROSSROADS REC CTR

231010-01	Th	1/5-3/9	5-6p	12/22	\$32/\$48
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LOCATION: LAKEWOOD DANCE/MUSIC

231010-02	Tu	1/3-3/7	5:00-6:00p	12/22	\$32/\$48
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Ages 14 & Up

231010-03	W	1/4-3/8	8-9p	12/22	\$32/\$48
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## HIP HOP II

Ages 8-17 • Prerequisite: Must complete 3 sessions of Hip Hop I. Instructor permission required. Enjoy the energetic self-expression of hip-hop dance.

LOCATION: LAKEWOOD DANCE/MUSIC

231011-01	Th	1/5-3/9	5:30-6:30p	12/22	\$32/\$48
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## IRISH STEP DANCE

Ages 7-14 • Learn the basics of Irish Step dancing. Master the skill of cuts over two-threes and clicks. Transform them into the ballet-like soft shoe or clogging /tap-dancing like hard-shoe jigs and reels.

LOCATION: LAKEWOOD DANCE/MUSIC

231110-01	W	1/4-3/8	4-5p	12/22	\$32/\$48
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## IRISH STEP II

Ages 7-14 • Continuance in the basics of Irish Step dance. Master the skill of cuts over two-three and clicks. Transform them into the ballet-like soft shoe or clogging/tap-dancing like hard shoe jigs and reels.

LOCATION: LAKEWOOD DANCE/MUSIC

231111-01	W	1/4-3/8	4:30-5:30p	12/22	\$32/\$48
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## JAZZ DANCE I

Ages 7-15 • Have fun learning the free and energetic techniques of jazz dance. This form is seen in movies, on musical theater stage and television. Class includes various styles, basic patterns and technique of jazz dance.

LOCATION: LAKEWOOD DANCE/MUSIC

231210-01	Th	1/5-3/9	4:30-5:30p	12/22	\$32/\$48
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## JAZZ DANCE II

Ages 9-16 • Completion of a minimum of three sessions of Jazz I or equivalent and instructor permission required. Expand on styles, terminology and techniques of jazz dance. An emphasis on performance.

LOCATION: LAKEWOOD DANCE/MUSIC

231211-01	Th	1/5-3/9	5:30-6:30p	12/22	\$32/\$48
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Ages 16& Up

231211-02	W	1/4-3/8	6-7p	12/22	\$32/\$48
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## JAZZ III

Ages: 12-17 • Prerequisite: Completion of Jazz I & II or equivalent skills.

Instructor permission required. Continue your jazz training with an emphasis on performing.

LOCATION: LAKEWOOD DANCE/MUSIC

231212-01	Tu	1/3-3/7	6-7p	12/22	\$32/\$48
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Ages 16 & Up

231212-02	Tu	1/3-3/7	6:30-7:45p	12/22	\$38/\$57
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## JAZZ IV/CONTEMPORARY

Ages 14 & Up • Requires advanced dance skills and a strong commitment to dance and instructor permission. Explore contemporary, jazz and modern dance.

LOCATION: LAKEWOOD DANCE/MUSIC

231213-01	W	1/4-3/8	5:30-6:30p	12/22	\$32/\$48
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## LYRICAL

Ages 16 & Up • Prerequisite: Advanced dance skills and strong commitment. Instructor permission required. Lyrical Dance combines modern technique.

LOCATION: LAKEWOOD DANCE/MUSIC

231410-01	Tu	1/3-3/7	7:45-9p	12/22	\$38/\$57
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## SOCIAL DANCE

Ages 16 & Up • Learn the steps to favorites such as the Waltz, Swing, Fox Trot, and Tango. Call (757) 441- 5833 to learn more. Signing up w/a partner encouraged; a partner is not guaranteed.

LOCATION: LAKEWOOD DANCE/MUSIC

231510-01	M	1/9-3/13	8:30-9:30p	12/22	\$26/\$39
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## TAP I

Ages 7-15 • Tap is easy to learn, and a fun way to develop a sense of rhythm.

LOCATION: LAKEWOOD DANCE/MUSIC

231610-01	Tu	1/3-3/7	4-5p	12/22	\$32/\$48
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231610-02	Sa	1/7-3/11	10:30-11:30a	12/22	\$32/\$48
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Ages 14& Up

231610-03	M	1/9-3/13	6:30-7:30p	12/22	\$26/\$39
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## TAP II

Ages: 7-15 • Prerequisite: Completion of Tap I or equivalent dance skills. Instructor permission required. Expand on the basics learned in Tap I.

LOCATION: LAKEWOOD DANCE/MUSIC

231611-01	Sa	1/7-3/11	11:30a-12:30p	12/22	\$32/\$48
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Ages 16 & Up

231611-02	M	1/9-3/13	7:30-8:30p	12/22	\$26/\$39
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231611-03	Th	1/5-3/9	11a-12p	12/22	\$32/\$48
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## TAP III

Ages 16 & Up • Emphasis on performing. Prerequisite: Minimum of three years of Tap or equivalent. Instructor permission required.

LOCATION: LAKEWOOD DANCE/MUSIC

231612-01	W	1/4-3/8	7-8p	12/22	\$32/\$48
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## BEG MODERN DANCE TECHNIQUE

Ages 7-12 • An introduction to various forms of expressive movement. Some ballet emphasized for grace, posture and proper technique.

LOCATION: LAKEWOOD DANCE/MUSIC

231710-01	Sa	1/7-3/11	12:30a-1:30p	12/22	\$32/\$48
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## INTERM/ADV MODERN DANCE TECHNIQUE

Ages 13 & Up • A combination of different modern techniques-ballet, lyrical. Must have at least 3yrs ballet technique and/or modern/contemporary.

LOCATION: LAKEWOOD DANCE/MUSIC

231711-01	Sa	1/7-3/11	1:30-2:30p	12/22	\$32/\$48
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## 30 MINUTES ABS

Ages 15 & Up • Focus on the upper, lower and side abdominal muscles to increase torso strength and reduce lower back strain.

LOCATION: NFWC

240101-01	Tu	1/3-3/7	7-7:30p	12/17	\$13/\$20
240101-02	W	1/4-3/8	7:30-8p	12/17	\$13/\$20
240101-03	Th	1/5-3/9	7-7:30p	12/17	\$13/\$20

## AQUA FITNESS

All • Classes take advantage of buoyancy and resistance to build strength, flexibility, and cardiovascular fitness.

LOCATION: NFWC POOL

240201-01	Th	1/5-3/9	12-1p	12/17	\$25/\$38
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## AQUA ZUMBA

Ages 15 & Up • A safe, challenging, water-based workout that is cardio-conditioning, body-toning, and exhilarating.

LOCATION: NFWC POOL

240202-02	F	1/6-3/10	5:30-6:30p	12/17	\$25/\$38
240202-01	M	1/9-3/13	12-1p	12/17	\$25/\$38

## BOOT CAMP

Ages 15 & Up • Both men and women will find Boot Camp to be a team-oriented challenge with empowering results.

LOCATION: NFWC

240401-01	M,W	1/4-3/13	6-6:45p	12/17	\$50/\$75
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## LOW IMPACT BOOT CAMP

Ages 15 & Up • If you love Boot Camp style classes but need one with minimal joint stress, this class will continue to challenge your body.

LOCATION: LAKEWOOD DANCE/MUSIC

240402-01	M	1/9-3/13	6:30-7:30p	12/17	\$25/\$38
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## GET ON THE BALL

Ages 15 & Up • This stability ball exercise class focuses on increasing joint mobility, flexibility, coordination, balance and strength.

LOCATION: NFWC

240501-01	M	1/9-3/13	5:30-6:30p	12/17	\$25/\$38
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## LOW IMPACT MIX

Ages 15 & Up • Traditional aerobic workout with minimal joint stress using a mixture of cardiovascular training methods such as tabata, and step.

LOCATION: LAKEWOOD DANCE/MUSIC

240601-01	W	1/4-3/8	9:30-10:30a	12/17	\$25/\$38
240601-02	W	1/4-3/8	5:30-6:30p	12/17	\$25/\$38
240601-03	Sa	1/7-3/11	9:30-10:30a	12/17	\$25/\$38

## PILATES I

Ages 15 & Up • Pilates® is a series of simple, yet challenging, exercises designed to tone, strengthen and lengthen muscles focuses on the core postural muscles which help keep the body balanced and are essential to providing support for the spine.

LOCATION: NFWC

240701-01	F	1/6-3/10	7-8p	12/17	\$25/\$38
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## PILATES II

Ages 15 & Up • Prerequisite: Completion Pilates I or equivalent Pilates abilities. Exercise mat required. Add more challenging elements to your routine. Stretch bands provided.

LOCATION: NFWC

240702-01	W	1/4-3/8	6:30-7:30p	12/17	\$25/\$38
240702-02	F	1/6-3/10	5-6p	12/17	\$25/\$38

## PILATES, CORE & MORE

Ages 15 & Up • Prerequisite: Completion Pilates® I or equivalent Pilates® abilities. Traditional Pilates® exercises along with other core and full body functional exercises will get your body strong, lean, toned and flexible.

LOCATION: NFWC

240703-01	M	1/9-3/13	10-11a	12/17	\$25/\$38
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## STEP AEROBICS

Ages 15 & Up • Cross train with step aerobics. Benches provided.

LOCATION: NFWC

241001-01	Tu	1/3-3/7	6-7p	12/17	\$25/\$38
241001-02	Sa	1/7-3/11	8:30-9:30a	12/17	\$25/\$38

## TONING WITH RESISTANCE

Ages 15 & Up • Tone and strengthen major muscle groups using free weights, bands and other methods. Equipment provided.

LOCATION: NFWC

241101-02	W	1/4-3/8	6:30-7:30p	12/17	\$25/\$38
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## WARRIOR FITNESS

Ages 15 & Up • Intense strength training w/vigorous cardiovascular training.

LOCATION: NFWC

241201-01	M,W	1/4-3/13	6:45-7:30a	12/17	\$25/\$38
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## INTRO TO YOGA

Ages 15 & Up • Learn proper breathing and relaxation techniques while performing flexibility exercises and asanas (poses) to enhance posture and increase range of motion. Modifications for those with physical limitations.

LOCATION: NFWC

241401-01	Tu	1/3-3/7	4-5p	12/17	\$25/\$38
241401-02	F	1/6-3/10	6-7p	12/17	\$25/\$38

## YOGA 1

Ages 15 & Up • Mat and yoga blocks required. Learn proper breathing and relaxation techniques & perform flexibility exercises and asanas (poses) to enhance posture and increase range of motion. Modifications for those with physical limitations.

LOCATION: NFWC

241402-01	Th	1/5-3/9	4:30-5:30p	12/17	\$25/\$38
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## YOGA 2

Ages 15 & Up • Continue to perform proper breathing and relaxation techniques with more challenging postures. Modifications demonstrated.

LOCATION: NFWC

241403-01	M	1/9-3/13	6:30-7:30p	12/17	\$25/\$38
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## YOGA 3

Ages 15 & Up • Prerequisite: Yoga I and II. Instructor permission required. Continue to perform proper breathing and relaxation techniques with more challenging postures. Exercise mat and yoga blocks required.

LOCATION: NFWC

241404-01	F	1/6-3/10	4-5p	12/17	\$25/\$38
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## YOGA WITH FLOW

Ages 15 & Up • Completion of Intro to Yoga or equivalent and instructor permission required. Exercise mat and yoga required. Continue to perform proper breathing and relaxation techniques with more challenging postures. Modifications demonstrated.

LOCATION: NFWC

241405-01	M	1/9-3/13	11a-12p	12/17	\$25/\$38
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# FITNESS

Registration begins 12/05

## ZUMBA

Ages 15 & Up • Lose pounds and inches, trim and tone every muscle in your body, and burn more than 700 calories in this party-style workout.

LOCATION: LAKEWOOD DANCE/MUSIC

241501-01	Th	1/5-3/9	9:30-10:30a	12/17	\$25/\$38
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LOCATION: NFWC

241501-03	M	1/9-3/13	5:30-6:30p	12/17	\$25/\$38
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## ZUMBA GOLD

Ages 50 & Up • Zumba Gold is a class designed for the mature active adult population and for those just beginning an exercise program.

LOCATION: LAKEWOOD DANCE/MUSIC

241502-01	Tu	1/3-3/7	9:30-10:30a	12/17	\$25/\$38
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241502-02	F	1/6-3/10	10:30-11:30a	12/17	\$25/\$38
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## ZUMBA MIX

Ages 15 & Up • Latin dance, kickboxing, and martial arts with aerobic exercise to gain flexibility, strength, endurance, and cardiovascular benefits.

LOCATION: LAKEWOOD DANCE/MUSIC

241503-01	F	1/6-3/10	9:30-10:30a	12/17	\$25/\$38
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LOCATION: NFWC

241503-02	Th	1/5-3/9	6-7p	12/17	\$25/\$38
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## FUNCTIONAL FITNESS

Ages 15 & Up • Combination of strength training, body weight movements, and cardio to challenge your body.

LOCATION: NFWC

241801-01	Tu	1/3-3/7	6-6:45p	12/17	\$25/\$38
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## CORE AND BALANCE

Ages 15 & Up • Low-impact class that focuses on "core muscles" critical for flexibility and balance.

LOCATION: NFWC

241901-01	Th	1/5-3/9	9-9:45a	12/17	\$25/\$38
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## KETTLE BELLS!

Ages 15 & Up • Develop core strength, cardio endurance, and balance.

LOCATION: NFWC

242101-01	Tu	1/3-3/7	5:30-6:30p	12/17	\$25/\$38
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## DEEP STRETCH

Ages 15 & Up • Fundamentals for stretching. Engage small and large muscle groups of the body engaged to increase flexibility by using breathing.

LOCATION: NFWC

242201-01	W	1/4-3/8	5:30-6:30p	12/17	\$25/\$38
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## TAE KWON DO I

Ages 5 & Up • Develop strength, speed, balance, flexibility and stamina as well as mental and physical discipline.

LOCATION: NFWC

241601-01	Tu,F	1/3-1/31	4:45-5:45p	12/27	\$38/\$57
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241601-02	Tu,F	2/3-2/28	4:45-5:45p	1/31	\$38/\$57
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241601-03	Tu,F	3/3-3/31	4:45-5:45p	2/28	\$38/\$57
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## TAE KWON DO 2

Ages 5 & Up • Develop strength, speed, balance, flexibility and stamina as well as mental and physical discipline.

LOCATION: NFWC

241602-01	Tu,F	1/3-1/31	5:45-6:45p	12/27	\$38/\$57
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241602-02	Tu,F	2/3-2/28	5:45-6:45p	1/31	\$38/\$57
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241602-03	Tu,F	3/3-3/31	5:45-6:45p	3/31	\$38/\$57
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## TAE KWON DO 3

Ages 5 & Up • Develop strength, speed, balance, flexibility and stamina as well as mental and physical discipline.

LOCATION: NFWC

241603-01	Tu,F	1/3-1/31	6:45-7:45p	12/27	\$38/\$57
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241603-02	Tu,F	2/3-2/28	6:45-7:45p	1/31	\$38/\$57
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241603-03	Tu,F	3/3-3/31	6:45-7:45p	2/28	\$38/\$57
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# MUSIC

## EXPERIENCE STRINGS

Ages 4-6 • Learn how and why a vibrating string makes music. Experience the banjo, guitar, dulcimer, mandolin, ukulele and violin. An instrument petting zoo and more!

LOCATION: NFWC (Room 312)

250201-01	W	1/4-3/8	11-11:45a	12/23	\$24/\$36
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## SINGING SCHOLARS

Ages 3-5 • Sing along with guitar-player Amy Ferebee Learn songs that teach the alphabet, counting, shapes and rhyming. Parent of 3yo must attend.

LOCATION: NFWC (Room 312)

250204-01	W	1/4-3/8	10:00-10:45a	9/2	\$24/\$36
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## BEGINNER GUITAR

Ages 7-10; 11 & Up • Equipment: Acoustic or electric guitar. Learn basic beginner guitar skills, play your first tunes! Materials cost approximately \$11.

LOCATION: NFWC (Room 312)

250301-01	Tu	1/3-3/7	4:30-5p	12/23	\$32/\$48
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250301-02	W	1/4-3/8	5:30-6p	12/23	\$32/\$48
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LOCATION: NFWC (Room 312); Ages 11 & Up

250301-03	W	1/4-3/8	6-7p	12/23	\$37/\$56
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## GUITAR: ADVANCED BEGINNER I

Ages 8-12 • Must know 3 of the 5 basic chord shapes (AED), where they are on the first 3 strings, able to switch from chord to chord. A focus on completing the book. Materials cost spproximately \$11. Equipment: Acoustic or electric guitar.

LOCATION: NFWC (Room 312)

250303-01	Th	1/5-3/9	5:30-6p	12/23	\$32/\$48
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## GUITAR: ADVANCED BEGINNER II

Ages 8-12 • Prerequisite: Completion of at least one session of Advanced Beginner Guitar I. Instructor's permission required. Equipment: Acoustic or electric guitar. Build on concepts and learn new chords. Materials cost approximately \$11.

LOCATION: NFWC (Room 312)

250302-01	Th	1/5-3/9	6-6:30p	12/23	\$32/\$48
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## GUITAR: INTERMEDIATE I

Ages 11 & Up • Prerequisite: Must know the 5 basic chord shapes (CAGED) in first position and know the notes on all 6 strings in first position.

Instructor's permission required. Equipment: Acoustic or electric guitar. Review beginner guitar concepts and learn more difficult chords and rhythms. Materials cost approximately \$11.

LOCATION: NFWC (Room 312)

250306-01	W	1/4-3/8	7-8p	12/23	\$37/\$56
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# MUSIC

Registration begins 12/05

## PIANO: BEGINNER

Ages 7-11; 12 & Up • Materials cost approximately \$20. A list of required materials is provided by instructor at first class.

LOCATION: NFWC (Room 310); Ages 7-11

250501-01	M	1/9-3/13	5:30-6p	12/23	\$26/\$39
250501-02	M	1/9-3/13	6-6:30p	12/23	\$26/\$39
250501-03	Th	1/5-3/9	6-6:30p	12/23	\$32/\$48

LOCATION: NFWC (Room 310); Ages 12 & Up

250501-04	M	1/9-3/13	12-1p	12/23	\$30/\$45
250501-05	M	1/9-3/13	7-8p	12/23	\$30/\$45

## PIANO: YOUTH GREEN PRIMER LEVEL/PIANO PRONTO PRELUDE

Ages 7-11 • Prerequisite: Students must have completed one session of Youth Beginner Piano and using Glover Piano Primer or Piano Pronto Prelude Book. Materials cost approximately \$15.

LOCATION: NFWC (Room 310)

250502-01	M	1/9-3/13	6:30-7p	12/23	\$26/\$39
250502-02	W	1/4-3/8	6:30-7p	12/23	\$32/\$48
250502-03	Th	1/5-3/9	5:30-6p	12/23	\$32/\$48

## PIANO: BLUE BK I/RED BK II

Ages 7-13; 12 & Up • Materials cost approx. \$20.

LOCATION: NFWC (Room 310); Ages 7-13

Prerequisite: Completion of Piano Pronto Prelude, must be using Level One of Two books by Glover, Piano Pronto Movt. I or II by Eklund.

250503-01	Tu	1/3-3/7	5:30-6p	12/23	\$32/\$48
250503-02	W	1/4-3/8	6-6:30p	12/23	\$32/\$48
250503-03	Th	1/5-3/9	6:30-7p	12/23	\$32/\$48

LOCATION: NFWC (Room 310); Ages 12 & Up

Prerequisite: Completion of Beginner Piano, must be using Level One of Two books by Glover, Piano Pronto Movt. I or II by Eklund.

250503-04	M	1/9-3/13	11a-12p	12/23	\$30/\$45
250503-05	W	1/4-3/8	7-8p	12/23	\$37/\$56

## UKULELE: BEGINNER

Ages 9 & Up • Learn to tune your ukulele and play some very simple, well known songs using easy chords, the types of ukuleles and its history. Learn the music alphabet, and what chords and scales are. Reading not required.

Equipment: Ukulele

LOCATION: NFWC (Room 312)

250701-01	Tu	1/3-3/7	6-6:30p	12/23	\$32/\$48
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## UKULELE: BEYOND BEGINNER

Ages 9 & Up • Build on your ukelele foundation. Learn fun, slightly challenging songs in jazz, blues, country, pop, country, classical, and Americana.

LOCATION: NFWC (Room 312)

250702-01	Tu	1/3-3/7	6:30-7p	12/23	\$32/\$48
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## VOICE: VARIETY

Ages 11 & Up • Learn basic vocal fundamentals to include breath control, note reading, rhythms, posture, ear training, sight reading and more! Enjoy a variety of music while learning to sing.

LOCATION: LAKEWOOD DANCE/MUSIC

250804-01	Tu	1/3-3/7	6-7p	12/23	\$37/\$56
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## PRIVATE MUSIC INSTRUCTION

Available for Norfolk Residents only ages 7 & up

**REGISTRATION DEADLINE: December 22**

Private lessons available at any level for piano, voice, guitar (acoustic and electric), bass guitar, strings (violin, viola, cello), banjo, mandolin, harmonica, lap dulcimer and ukulele. Classes fill quickly; register early.

Private lessons are held at Lakewood Dance & Music Center and Norfolk Fitness & Wellness Center (Rm. 310 or 312). Register in person at the Lakewood Dance & Music Center or online at [norfolk.gov/play](http://norfolk.gov/play). Monday courses meet eith times and cost \$88. Ten week courses meet 10 times and cost \$110. Norfolk residents only. See page 19 for registration details. *Missed classes cannot be rescheduled or refunded.*

Mon.:	01/09-03/13	Wed.:	01/04-03/08	Fri.:	01/06-03/10
Tues.:	01/03-03/07	Thur.:	01/05-03/09		

# RECREATIONAL SPORTS

## YOUTH BASKETBALL (AGE 5-17)

Registration: November 28-December 30

Team registration deadline: December 30 (minimum 5 contracts submitted)

1st player registration: January 11

Final player registration: January 25

Season starts: January 14

## YOUTH OUTDOOR SOCCER (AGE 5-17)

Registration: January 30- March 3

Team registration deadline: March 3 (minimum 5 contracts submitted)

1st player registration: March 15

Final player registration: April 5

Season starts: March 18 @ Lake Taylor Soccer Complex

## ADULT BASKETBALL

Registration: February 13-March 13

Season starts: March 21

Games: Tuesday & Thursday

Locations: Ingleside & Norview Recreation Centers

Cost: \$400 per team

## ADULT SOFTBALL

Registration: February 27-March 31

Season starts: April 14

Cost: \$400 per team

# SENIORS

Registration begins 12/05

Senior adults can take any adult course listed in Good Times. However, senior adult courses are only available to individuals ages 55 or better, unless otherwise noted. Age has its privileges!

## NORFOLK SENIOR CLUBS

Meeting locations, days and times at a glance.

LOCATIONS	DAYS	DATES	TIMES
Bayview Recreation Center	F	year round	9a-3p
East Ocean View Community Center	Th	Sep-May	10a-3p
Huntersville Recreation Center	Tu	Sep-May	11a-1p
Ingleside Recreation Center	W	year round	10a-12p
Norview Community Center	W	Sep-May	11a-2P
Sherwood Forest Community Center	Th	Sep-May	10a-1P
Tarrallton Recreation Center	F	year round	11a-1P
Titustown Recreation Center	Tu/Th	year round	10a-2P
Young Terrace Community Center	Tu/W	year round	10a-2P

## SOUTHSIDE SENIOR CENTER EVENTS

Day	Date	Event/Topic	Time
Th	12/8	Did You Know - Workshop	3:00p
Tu	12/13	Crochet With a Prupose Group	3:00p
F	12/16	Field Trip-Holiday Breakfast	10:00a
Th	1/5	Field Trip - Barb's Hideaway	10:00a
Tu	1/10	Chair Cardio - Salsa Series	11:00a
Th	1/19	Seminar: Grown Folks Business	11:00a
Tu	1/24	Triad Mtg. @ NFWC	1:00p
Tu	1/31	Monthly Birthday Party - Iceland	11:00a
F	2/3	Lunch Brunch @ Kyoto's	11:00a
Tu	2/7	Chair Cardio - Creative Dance Series	11:00a
F	2/24	Monthly Birthday Party - Venezuela	11:00a
Tu	2/27	Triad Mtg. @ NFWC	1:00p
Tu	Ongoing	Man Cave Tuesday	3:00p
W	Ongoing	Computer Tutoring	10:00a
W	Ongoing	Cardio Club	4:00p
F	Ongoing	4th Birthday Bash	12:30p
F	Ongoing	Water Walking @ SSAC	10:00a

## CERAMICS

Learn techniques and develop skills in decorating and glazing ceramics. Students must purchase their own supplies. Call (757) 664-6484 for the supply list.

261604-02, Southside SC Th, 1/5-3/19 10:30a-11:30a \$20/\$30

## SENIOR SOCIAL BOWLING CLUB

\$8.25 includes three games plus shoe rental. Cash or checks accepted.

AMF Bowling Lanes M, Ongoing 9:30a - 1:00p

**NOTE: Senior Club event calendars are available at each club location. See page 3 for facility addresses and phone numbers.**

## OCEAN VIEW SENIOR CENTER EVENTS

Day	Date	Event/Topic	Time
F	12/2	Art Show & Bazaar	10:00a-3:00p
Tu	12/6	Man Power Event	10:30a-3:00p
Tu	12/13	BINGO on a Budget	12:30p
F	12/16	Holiday Breakfast	9:30a
Tu	12/20	Cookie Exchange	11:30a
W	12/21	Boardwalk Holiday Lights	5:00-9:00p
Tu	1/10	New Year's Resolution Smoothies	11:30a
Th	1/19	Cooking w/Angela	1:30p
Th	1/24	Nat'l Soup Month - Cooking Demo	12:30p
Th	1/31	Dishcloth Swap-a-thon	10:30a
Th	2/2	Dishcloth Swap-a-thon	10:30a
Tu	2/7	Men's Super Bowl Social	1:00p
Tu	2/7	Just One Heart	12:30p
Th	2/16	Cooking w/Angela	1:30p
Tu	2/28	Cake Decorating	12:30p
Tu-Th	Ongoing	Billards	2:00p
Tu-Th	Ongoing	Senior Exercise	11:00a
Tu	Ongoing	Nifty Knitters	10:30a
Tu	Ongoing	Line Dancing	10:30a
W	Ongoing	60+ Club Meeting	11:00a
W	Ongoing	Adult Social	1:00-3:00p
W	Ongoing	BINGO	12:00p
Tu-W	Ongoing	SSEVA Lunch Program (60+)	12:00p
1st W	Ongoing	Birthday Celebration	11:45a
W	Ongoing	Choir Practice	9:30a
1st Th	Ongoing	Support Group	1:00 p
Th	Ongoing	Table Tennis Club	12:00p
Th	Ongoing	Book Club	2:00p
Th	Ongoing	Support Group	2:00p
Th	Ongoing	The Quilting Ladies	9:30a
F	Ongoing	Bridge Club	10:00a
F	Ongoing	Outreach Program - Baker House	12:00p

## PING PONG CLUB - FREE!

Huntersville, Titustown, Young Terrace

Tu, Ongoing	1/3-3/13	11:00a - 1:00p
Norview/Ingleside		
W, Ongoing	1/4-3/13	11:00a - 1:00p
East Ocean View, Sherwood Forrest, Titustown		
Th, Ongoing	1/5-3/13	10:00a - 12:00p
Tarrallton/Bayview		
F, Ongoing	1/6-3/13	10:00a - 12:00p

# TECHNOLOGY

Stop by your local resource center for homework and computer assistance. Online tutorials can help you learn Microsoft Office applications such as Word, Excel, and Power Point. At Campostella Heights Computer Resource Center, you'll find additional classes, like Couponing, Budgeting, Resume Writing, and more! All services are free for Norfolk residents. Call for additional details.

CAMPOSTELLA HEIGHTS CRC  
1714 Mt. Vernon Avenue  
757-543-0876  
Mon - Fri: 10a - 7p

DIGGSTOWN CRC  
1401 Melon Street  
757-227-9915  
Mon - Fri: 4p - 7p

OAKLEAF HEIGHTS CRC  
1704 Greenleaf Drive  
757-494-3298  
Mon - Fri: 4p - 7p



# TEENS WITH A PURPOSE

Registration begins 12/05

Join Teens With a Purpose (TWP) for free events at the Vivian C. Mason (VCM) Teen Center. Teens With a Purpose is a peer-led leadership organization that supports youth so they can grow into competent, healthy people and develop to their fullest potential. *For more information call (757) 747-2679 or visit*

## EVENINGS @ VCM TEEN CENTER

### The Gathering

Mondays from 5:30 p.m.- 8:00 p.m. • Ages 12-19

Make new friends, develop your talents, become a leader. Join TWP each Monday. Participants receive incentives for volunteerism and community edutainment. Steel Pan lessons by Virginia Art Festival's Rhythm Project on alternating Mondays.

### Poetry & HealthyE Workshops

Tuesdays from 5:30 p.m.- 7:30 p.m. • Ages 12-19

\*Poetry Workshops Designed to encourage critical thinking and creative expression in literary arts and performance. Youth will explore the written and oral traditions of poetry and writing. Tuesday's poetry workshops are peer led! \*HealthE Workshops Get moving with fun workshops that vary from fitness training, zumba, dance, gardening to yoga workshops.

### Just AART Music Workshops *NEW!*

Wednesdays from 5:30 p.m.- 7:30 p.m. • Ages 12-19

Learn to create positive music, rap, poetry and videos as both a performer and the engineer behind the technology that makes it all happen.

Workshops also include DJing 101. \*Visual Arts Guest artists will lead fun visual arts projects.

### VIBES Open Mic

Third Wednesdays from 5:30 p.m.- 7:30 p.m. • Ages 12-19

Join us for the livest teen led community open mic in the 757! Take the stage to show your talent or just enjoy the show! Stage to show your talent or just enjoy the show!



# THERAPEUTIC RECREATION

Registration begins 12/05

## SPECIAL EVENTS (Call 441-1764 for more info.)

### SWEETHEART BALL

Ages 18 & Up • Love is in the air! Wear an outfit fit for royalty because two guests will be crowned King & Queen of the ball. A light meal will be served.

LOCATION: THERAPEUTIC REC CTR

276610-01	F	2/10	7-9p	2/3	\$10/\$10
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### BLACK HISTORY CELEBRATION

Ages 18 & Up • Enjoy southern cooking to the sound of rhythmic drums.

LOCATION: THERAPEUTIC REC CTR

276611-01	F	2/24	6-8p	2/17	\$15/\$15
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## CHILDREN & TEEN PROGRAMS

### SOLAR SYSTEM CRAFTS - NEW!

Ages 6-19 • Explore stars, constellations, planets, and more! We will learn about our Solar System through crafts. \$20 nonrefundable supply fee included. No class Jan. 2, 16 & Feb. 20.

LOCATION: THERAPEUTIC REC CTR

276612-01	M	1/9-3/6	5-5:50p	1/3	\$35/\$53
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### ALLEY CATS

Ages 6-19 • Head to the AMF Norfolk Lanes for bowling fun! Learn the basic rules of bowling while meeting new people and having fun. Bring \$3 each week (cash only). Shoe rental is included.

LOCATION: AMF NORFOLK LANES

276613-01	Tu	1/3-3/7	5:15-6:30p	12/27	\$15/\$23
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### ALL ABOUT NAILS

Ages 13 & Up • Broaden your manicure horizons by experimenting with different colors and designs. Discuss basic nail care and maintenance. \$10 nonrefundable supply fee included.

LOCATION: THERAPEUTIC REC CTR

276641-01	W	1/4-2/1	4-4:50p	12/28	\$25/\$38
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### BEGINNER TEEN GUITAR

Ages 13-19 • Equipment: Participant must bring an acoustic guitar and a few picks. Learn simple chords to play familiar tunes.

LOCATION: THERAPEUTIC REC CTR

276614-01	W	1/4-3/8	5-5:50p	12/28	\$15/\$23
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### IRON CHEF

Ages 6-19 • Transform the TR Center into a five-star restaurant! Under staff supervision, children and teens will be involved in all aspects of the cooking process. Of course, even better than making the food is eating it! \$25 nonrefundable supply fee included.

LOCATION: THERAPEUTIC REC CTR

276620-01	W	2/8-3/8	4-6p	2/1	\$40/\$60
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### JUNIOR FITNESS

Ages 6-19 • Increase physical activity by running, jumping, and lifting weights designed to make your sweat. Wear tennis shoes and clothing for ease of movement.

LOCATION: THERAPEUTIC REC CTR

276621-01	Th	1/5-3/9	4-4:50p	12/29	\$15/\$23
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### LASER QUEST - NEW!

Ages 6-19 • Transportation: Provided from the TRC to event site only. Put your spy skills to use in this interactive game of laser tag. Please bring \$20 for games. Wear clothing that allows for ease of movement and tennis shoes are required. \$6 nonrefundable trip fee included.

LOCATION: THERAPEUTIC REC CTR

276623-01	Sa	1/14	9:15a-12p	1/6	\$11/\$17
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## MOVIE TIME

Ages 6-19 • Transportation: Provided from the TRC to event site only. Come enjoy a day out to the movies with popcorn and friends. Please make sure to bring a bag lunch so we can enjoy lunch as a group. \$10 nonrefundable trip fee included.

LOCATION: THERAPEUTIC REC CTR

276622-01	Sa	2/18	9a-1p	2/10	\$15/\$23
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## OLDER TEEN & ADULT PROGRAMS

### ADVANCED AQUACISE

Ages 18 & Up • Prerequisite: Must be able to engage in aerobic exercise for minimum of 30 minutes. Must be able to dress and toilet independently. No swimming skills necessary, but must be comfortable standing in water 4'-6" deep without assistance. Swimming suits are required. This class will combine high-intensity cardio exercises and plyometric power moves. Increase mobility and muscle tone during this shallow and deep water workout. No class Jan. 2, 16 & Feb. 20, 27.

LOCATION: NORTHSIDE POOL

276625-01	M	1/9-3/20	9-9:45a	1/3	\$15/\$23
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### SPARES/STRIKES

Ages 18 & Up • Head to the AMF Norfolk Lanes for bowling fun! Learn the basics rules of bowling while meeting new people and having fun. Adaptive equipment is available if needed. Bring \$3 each week (cash only). Shoe rental is included. No class Jan. 2, 16 & Feb. 20, 27.

LOCATION: AMF NORFOLK LANES

276624-01	M	1/9-3/20	12-1:30p	1/3	\$15/\$23
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### THIS IS YOUR LIFE - NEW!

Ages 18 & Up • Share the stories of your life with TRC friends in a safe and relaxed environment. Each person will have the chance to share memories each week based on that week's topic of choice! Topics could be "funniest childhood memory" or "the best pet I ever had," etc. No class Jan. 2, 16 & Feb. 20, 27.

LOCATION: THERAPEUTIC REC CTR

276626-01	M	1/9-3/6	1-2p	1/3	\$15/\$23
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## READERS IN MOTION

Ages 18 & Up • Transportation: Provided from the TRC to event site only. Expand your mind and imagination by enjoying a good book with TRC friends. We will read aloud together and allow readers to discuss the book in a calm environment as we travel to desirable reading sites around Norfolk. Please notify staff at registration which of the following three books you would like to read: Anne of Green Gables, The Giver, or The Secret Garden. The most voted book will be the one we read and a copy will be given out at the first class. \$15 nonrefundable supply fee included.

LOCATION: THERAPEUTIC REC CTR

276627-01	Tu	1/3-3/7	9-11a	12/27	\$30/\$45
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## WORDS WITH HANDS

Ages 18 & Up • In this introductory course, participants will learn the basics of American Sign Language. We will cover the alphabet, numbers, family, food, and more!

LOCATION: THERAPEUTIC REC CTR

276628-01	Tu	1/3-1/31	10-11:30a	12/27	\$15/\$23
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### GUIDED CANVAS PAINTING - NEW!

Ages 18 & Up • Instructor will guide participants step by step through different paintings each week. Scenes will include beaches, flowers, and more. \$20 nonrefundable supply fee included.

LOCATION: THERAPEUTIC REC CTR

276630-01	Tu	2/7-3/7	9:30-11a	1/31	\$35/\$53
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# THERAPEUTIC RECREATION

Registration begins 12/05

## CHAIR EXERCISE

Ages 18 & Up • Perform low to moderate exercises to strengthen muscle, increase flexibility and range of motion and much, much more right from your chair. Bring a water bottle and towel. Wear tennis shoes and clothing that allows for ease of movement.

LOCATION: THERAPEUTIC REC CTR

276631-01 Tu 1/3-3/7 3-3:50p 12/27 \$15/\$23

## DEVELOPMENTAL READING I

Ages 18 & Up • \*Sign up for Developmental Reading I or II. Improve your reading skills using a developmental reading series. Participants that have basic reading skills and want to improve proficiency are encouraged to sign up for this course. Assessment required prior to registration.

LOCATION: THERAPEUTIC REC CTR

276632-01 Tu 1/3-3/7 3:30-4:20p 12/27 \$15/\$23

## DEVELOPMENTAL READING II

Ages 18 & Up • \*Sign up for Developmental Reading I or II. Build upon your current reading level. This is for participants who have learned and are familiar with phonetic principles to use their reading skills. Participants will be decoding unfamiliar words and reading books appropriate to their skill level aloud to the instructor. Assessment required prior to registration.

LOCATION: THERAPEUTIC REC CTR

276633-01 Tu 1/3-3/7 4:30-5:20p 12/27 \$15/\$23

## ADVANCED MEDITATION

Ages 18 & Up • Deep-breathing meditation will be practiced for 40 minutes using different types of meditative music & sounds to enhance learning, memory, and emotional control. This class will focus on quieting the mind and body while increasing one's ability to focus and pay attention. Class is designed for both participants and parents/caregivers.

LOCATION: THERAPEUTIC REC CTR

276634-01 Tu 1/3-3/7 5:30-6:15p 12/27 \$15/\$23

## BREAKFAST & BOWS

Ages 18 & Up • Test your archery skills. We will travel to Newport News for breakfast then head to Wilcox Indoor Archery. You will need extra money for breakfast each morning (\$10), comfortable clothes, and closed toe shoes. Bring \$16 (cash) each week for your round of archery. \$6 nonrefundable trip fee included.

LOCATION: THERAPEUTIC REC CTR

276635-01 W 1/4-1/18 8:30-11:30a 12/28 \$16/\$24

## RETAIL AND SPA THERAPY - NEW!

Ages 18 & Up • We will visit shopping sites around Hampton Roads for some classes and get mani/pedi's during other classes. A price list of manicure/pedicure options will be handed out at registration. Please bring at least \$10 for lunch or bring a bag lunch each week, as well as extra money for shopping if desired.

LOCATION: THERAPEUTIC REC CTR

276636-01 W 1/25-3/8 10a-2p 1/18 \$15/\$23

## CERAMICS

Ages 18 & Up • You will travel to the pottery store to purchase enough pieces to paint for the entire 10-week class session during one of the first two classes. Bring at least \$30 cash to purchase pieces. \$10 nonrefundable supply fee included. for use of equipment and supplies such as basic paint inventory and firing. Participants must provide own ceramic pieces and any special paints not provided in center inventory. Enjoy painting a piece of decorative or functional art in this hands on course. If you like, try more detailed paint strokes and learn new techniques for painting ceramics.

LOCATION: THERAPEUTIC REC CTR

276640-01 W 1/4-3/8 10:30a-12p 12/28 \$25/\$38

## ALL ABOUT NAILS

Ages 13 & Up • Broaden your manicure horizons by experimenting with different colors and designs. Discuss basic nail care and maintenance. \$10 nonrefundable supply fee included.

LOCATION: THERAPEUTIC REC CTR

276641-01 W 1/4-2/1 4-4:50p 12/28 \$25/\$38

## COOKING

Ages 18 & Up • Learn to cook light, fresh, and healthy meals. Lunch follows. \$25 nonrefundable supply fee included.

LOCATION: THERAPEUTIC REC CTR

276642-01 Th 1/5-2/2 10-11:30a 12/29 \$40/\$60

## BAKING - NEW!

Ages 18 & Up • Have you ever wanted to bake goodies from scratch? Learn how while enjoying the sweet smelling aroma of fresh baked treats. \$25 nonrefundable supply fee included.

LOCATION: THERAPEUTIC REC CTR

276643-01 Th 2/9-3/9 10-11:30a 2/2 \$40/\$60

## FIT/FUN AT THE GYM

Ages 18 & Up • Increase your fitness awareness by participating in workouts at the gym. Learn how to use various machines such as treadmills and ellipticals to increase your cardiovascular fitness as well as your overall strength. Bring a gym bag with the proper attire to change into as well as a small towel and water

LOCATION: NFWC

276644-01 Th 1/5-3/9 1-2:30p 12/29 \$15/\$23

## ZUMBA

Ages 18 & Up • Join the Zumba® wave! Wear your funky colored fitness clothes in this Latin inspired workout to burn hundreds of calories and work up a healthy sweat. Closed toe shoes are mandatory, tennis shoes are preferred.

LOCATION: THERAPEUTIC REC CTR

276645-01 Th 1/5-3/9 3-3:45p 12/29 \$15/\$23

## BEGINNER GUITAR

Ages 18 & Up • Equipment: Participant must bring an acoustic guitar and a few picks. Learn simple chords to play familiar tunes.

LOCATION: THERAPEUTIC REC CTR

276646-01 Th 1/5-3/9 5:30-6:15p 12/29 \$15/\$23

## WAIST AWAY

Ages 18 & Up • Learn how to become healthier through exercise and proper eating. Participate in group exercise, learn how to make healthy meals, and enjoy healthy dinners with peers. \$20 nonrefundable supply fee included.

LOCATION: THERAPEUTIC REC CTR

276647-01 Th 1/5-2/2 6:30-8p 12/29 \$35/\$53

## CHAT & CHEW

Ages 18 & Up • Join our TRC version of "The View." Enjoy munching on a light supper while discussing/debating a variety of topics with your peers. Participants are encouraged to bring a current newspaper/magazine article of interest to be addressed. Participants may also share current personal challenges or successes and receive support from the group. \$20 nonrefundable supply fee included.

LOCATION: THERAPEUTIC REC CTR

276648-01 Th 2/9-3/9 6:30-8p 2/2 \$35/\$53



# THERAPEUTIC RECREATION

Registration begins 12/05

## BEGINNER AQUACISE



Ages 18 & Up • Prerequisite: Must be able to dress and toilet independently. No swimming skills necessary, but must be comfortable standing in water 4' deep without assistance. Swimming suits are required. Water is the perfect medium for physical rehabilitation. Increase mobility and range of motion during this gentle water workout.

LOCATION: NORTHSIDE POOL

276649-01 F 1/6-3/10 9-9:45a 12/30 \$15/\$23

## HOOPS 101



Ages 18 & Up • Do you enjoy playing basketball or just want to work on your jump shot? Players will learn new skills and drills to improve dribbling, passing, and shooting techniques. Wear tennis shoes and clothing that allows for ease of movement. No open toe shoes.

LOCATION: NFWC

276653-01 F 1/6-2/3 9:30-10:30a 12/30 \$15/\$23

## VOLLEYBALL



Ages 18 & Up • Bump, set, spike! Players will learn new skills in volleyball with drills to improve serving, passing, and spiking techniques. Wear tennis shoes and clothing that allows for ease of movement. No open toed shoes.

LOCATION: NFWC

276654-01 F 2/10-3/10 9:30-10:30a 2/3 \$15/\$23

## BOOT CAMP



Ages 18 & Up • Getting fit can be one of the best parts of your day! Classes will consist of a warm-up, strength training, cardio, and cool-down. This class is designed to make you sweat. Wear tennis shoes and clothing that allows for ease of movement.

LOCATION: THERAPEUTIC REC CTR

276650-01 F 1/6-3/10 2-3p 12/30 \$15/\$23

## LOL



Ages 18 & Up • It's all about humor and laughing. Come wash away all you stress and negative emotions while participating in different types of humor therapy. Each class will consist of different types of humor to increase our emotional and physical health. Get ready to laugh!

LOCATION: THERAPEUTIC REC CTR

276651-01 F 1/6-2/3 2-2:50p 12/30 \$15/\$23

## PILLOW/BLANKET MAKING - NEW!



Ages 18 & Up • Learn how to make easy and fun blankets and pillows for your afternoon winter nap. Bring \$50 cash on the first day of class to purchase fabric for pillow and blanket. First class will travel to craft store.

LOCATION: THERAPEUTIC REC CTR

276652-01 F 2/10-3/10 2-3:30p 2/3 \$15/\$23

## POTTERY/SCULPTING - NEW!

Ages 18 & Up • Explore your artsy side by molding/sculpting a piece of decorative or functional pottery. \$20 nonrefundable supply fee included. Supply fee covers use of equipment which includes molding clay, clay sculpting tools, basic paint inventory and spraying/firing of pieces.

LOCATION: THERAPEUTIC REC CTR

276655-01 F 1/6-3/10 3-3:50p 12/30 \$35/\$53

## OUT TO THE THEATRE

Ages 18 & Up • Transportation provided from TRC to event site only. Enjoy three evenings out to the theatre with friends. Movie/play, venue, and cost will be announced as the dates draw closer. \$30 nonrefundable trip fee included. Trip fee covers cost of 3rd outing to see Aladdin presented by the Hurrah Players. Class meets: 1/27, 2/17, 3/10.

LOCATION: THERAPEUTIC REC CTR

276656-01 F 1/27-3/10 6-10p 1/20 \$40/\$60

## BEGINNER SKIING

Ages 18 & Up • Transportation: Provided from the TRC to event site only. Have you ever wondered what it would be like to go skiing? This class will travel to Wintergreen Resort to participate in the Adaptive Sports Program. Each participant will have an instructor present for the entire lesson. Please wear layers and bring a pair of gloves, hat, snow pants, jacket, and a change of clothes. Please pack a bag lunch. \$25 nonrefundable trip fee included. Trip fee covers cost of lift ticket and ski rental.

LOCATION: THERAPEUTIC REC CTR

276662-01 F 2/17 9a-7:30p 2/10 \$30/\$45

## NUTRITION FOR LIFE

Ages 18 & Up • A dietary/lifestyle coach will come to your home and discuss dietary routines that will teach you to manage your weight and improve your overall health by preparing homemade meals. You will have three, two-hour classes that will be arranged between you and the instructor. Caregiver/guardian is highly recommended to attend. \$50 nonrefundable supply fee included. Note: Dates and times will be arranged between participant and instructor.

LOCATION: THERAPEUTIC REC CTR

276661-01 TBD TBD TBD 12/27 \$60/\$90

## ADMIRALS HOCKEY

Ages 18 & Up • Transportation: Provided from the TRC to event site only. Come cheer on the Norfolk Admirals! Please eat dinner before you arrive and dress appropriately for the cool temperature of the hockey rink. Bring \$10 (cash) if you want to purchase a drink, snack or souvenir at the game. \$21 nonrefundable trip fee included.

LOCATION: THERAPEUTIC REC CTR

276658-01 Sa 1/7 6:30-10p 12/30 \$26/\$39

## LASER QUEST

Ages 18 & Up • Transportation: Provided from the TRC to event site only. Put your spy skills to use in this interactive game of laser tag. Please bring \$20 for games. Wear clothing that allows for ease of movement and tennis shoes are required. \$6 nonrefundable trip fee included.

LOCATION: THERAPEUTIC REC CTR

276657-01 Sa 1/28 9:15a-12p 1/20 \$11/\$17

## TIME TRAVELERS - NEW!

Ages 18 & Up • Transportation: Provided from the TRC to event site only. Time travel back in time to 17th century Jamestown. Walk amongst the English Colonists on ships and land. Experience the Powhatan Indian way of life in the Village. Bring \$20 to purchase lunch and \$18 to purchase admission. Additional money can be brought for souvenirs. Dress appropriately for the forecasted weather and wear comfortable shoes for a lot of walking. \$10 nonrefundable trip fee included.

LOCATION: THERAPEUTIC REC CTR

276659-01 Sa 2/25 10:30a-4p 2/17 \$15/\$23

## ST. PATRICKS DAY PARADE



Ages 18 & Up • Get ready to celebrate the Irish way! Eat breakfast curbside while enjoying the pre-event festivities then watch the parade as it travels down Granby Street. \$5 nonrefundable trip fee included.

LOCATION: THERAPEUTIC REC CTR

276660-01 Sa 3/18 8a-1p 3/10 \$10/\$15



# VISUAL ARTS

Registration begins 12/05

## ADOBE PHOTOSHOP

Ages 18 & Up • Curious about Adobe Photoshop? Take private lessons! Bring along your laptop installed with Adobe Photoshop (any version) and your favorite digital photos on a CD, memory card, or flash drive. Turn any digital photograph into a painting, drawing or have fun with collage! Computers available for class time use. Instructed by Leigh Babcock

LOCATION: VISUAL ARTS CTR

280601-01	F	1/6-2/3	10-11a	12/23	\$125/\$188
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## DRAWING/ALL LEVELS

Ages 18 & Up • Learning to draw means learning to see! Use the classic exercises to help you learn to draw faces, figures, animals and objects. Break down the hurdles to your success in drawing! Instructed by Thomas Murphy

LOCATION: VISUAL ARTS CTR

280701-01	Th	1/5-3/9	6:30-8p	12/23	\$50/\$75
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## DRAWING & PAINTING

Ages 18 & Up • Explore drawing concepts as a springboard into painting. Students may bring their choice of painting media, including acrylic and oil paints. Instructed by Thomas Murphy

LOCATION: FAIRLAWN REC CTR

280703-01	W	1/4-3/8	10a-12p	12/23	\$50/\$75
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## MOSAICS

Ages 18 & Up • Go ahead and break something! Mosaic art is simply the process of adhering tile, glass, broken crockery, pebbles etc. to any smooth wooden surface. Mosaic designs may be used to decorate wooden frames, small table tops, pre-poured stepping stones, bird baths, tiles and sculpture! Instructed by Patricia Isenhour.

LOCATION: VISUAL ARTS CTR

280901-01	Th	1/5-3/9	10a-12:30p	12/23	\$50/\$75
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## ACRYLIC PAINTING:

Ages 18 & Up • Experienced painters will enjoy independent exploration of acrylic painting techniques with instructional guidance. Build new skills in all aspects of painting on canvas while participating in both individual and group projects. Instructed by Patricia Isenhour.

LOCATION: VISUAL ARTS CTR

281001-01	Th	1/5-3/9	1-3p	12/23	\$50/\$75
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## OIL PAINTING

Ages 18 & Up • Dive into the rich, irresistible texture of oil paint; experience its unmistakable depth and vibrancy. Instructed by: Thomas Murphy

LOCATION: FAIRLAWN REC CTR

281002-03	W	1/4-3/8	12:30a-2:30p	12/23	\$40/\$60
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281002-04	Th	1/5-3/9	10a-12p	12/23	\$40/\$60
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281002-05	Th	1/5-3/9	12:30-2:30p	12/23	\$40/\$60
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LOCATION: VISUAL ARTS CTR

281002-01	M	1/9-3/13	6:30-8:30p	12/23	\$40/\$60
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## ORIENTAL BRUSH PAINTING

Ages 18 & Up • Bring nature to life, express the essence of a painting with the beauty and grace of simple brush strokes. Instructed by Joan Grosch.

LOCATION: VISUAL ARTS CTR

281003-01	W	1/4-2/22	10:30a-12:30p	12/23	\$45/\$68
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## PAINTING: STUDIO

Ages 18 & Up • Enjoy studio time outside of the classroom to paint and study independently. Students may work in the medium of their choice. Painting experience and the ability to work without instruction is required.

LOCATION: VISUAL ARTS CTR

281004-01	Tu	1/3-3/7	1-3p	12/23	\$25/\$38
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281004-02	Tu	1/3-3/7	10a-12p	12/23	\$25/\$38
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## ACRYLIC PAINTING: BEGINNER

Ages 18 & Up • If you have always wanted to try painting this is the ideal class for you. Get started by learning about acrylic paints, materials and the basic concepts of painting. Instructed by Thomas Murphy

LOCATION: VISUAL ARTS CTR

281005-01	Tu	1/3-3/7	10a-12p	12/23	\$50/\$75
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## TEEN BLACK & WHITE PHOTOGRAPHY

Ages 13-17 • "Photography takes an instant out of time, altering life by holding it still". Dorothea Lange Visit the visual arts darkroom and experience the fine art of black and white photography. Learn how to develop your negatives and see your print come to life. There is nothing like it! Learn techniques that cannot be learned with a digital camera. Instructor: Lee Teevan

LOCATION: VISUAL ARTS CTR

281102-01	W	1/4-3/8	6-8:30p	12/23	\$75/\$113
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## CLAY HANDBUILDING

Ages 18 & Up • Delve into an exciting variety of hand building techniques. Turn a clay slab into almost anything, explore textures, design techniques, shape, glazing application techniques and more! Instructed by: Ann Ruel on Tu & Patricia Isenhour on Wed.

LOCATION: NORVIEW REC CTR

281201-01	Tu	1/3-3/7	10:30a-12:30p	12/23	\$45/\$68
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## POTTERY ON THE WHEEL: BEGINNER

Ages 18 & Up • Learn how to center, throw and glaze as well as how to use equipment properly and safely. Instructed by Pam Gray.

LOCATION: VISUAL ARTS CTR

281203-01	Tu	1/3-3/7	6:30-8:30p	12/23	\$55/\$80
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281203-02	W	1/4-3/8	10a-12p	12/23	\$50/\$75
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281203-03	W	1/4-3/8	6:30-8:30p	12/23	\$55/\$80
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## POTTERY ON THE WHEEL: INTERMEDIATE

Ages 18 & Up • Prerequisite: Completion of the introductory course or equivalent. Must have experience centering clay and throwing forms to include cylinders and bowls. Expand your skills in centering, form and glazing. Instructed by Mildred Tickle.

LOCATION: VISUAL ARTS CTR

281204-01	Tu	1/3-3/7	10a-12p	12/23	\$50/\$75
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## POTTERY ON THE WHEEL: ADVANCED

Ages 18 & Up • Completion of the intermediate course or equivalent and instructor permission required. Contact the Visual Arts Center no later than 1-week prior to registration. Develop new skills. Focus on simplicity of form, balance and proportion. Use color and design to compliment work. Instructed by: Mildred Tickle.

LOCATION: VISUAL ARTS CTR

281205-01	F	1/6-3/10	10a-12p	12/23	\$50/\$75
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KIDSART  
RETURNS  
SUMMER 2017!

# VISUAL ARTS

Registration begins 12/05

## POTTERY OPEN STUDIO

Ages 18 & Up • Open Studio/Pottery on the Wheel is offered specifically to participants who have completed an instructional Pottery on the Wheel class from our Visual Arts program. This class is for those individuals who enjoy independent studio without guidance from an instructor. Glazing dates are as follows 1/28, 2/18, & 3/10.

LOCATION: VISUAL ARTS CTR

281206-01	Th	1/5-3/9	6:30-8:30p	12/23	\$50/\$75
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## QUILTING

Ages 18 & Up • Quilt the time-honored way --- by hand. Learn to cut, piece, sew and finish a quilt. Explore design, composition and color as well.

LOCATION: VISUAL ARTS CTR

281301-02	Tu	1/3-3/7	6:30-8:30p	12/23	\$30/\$45
281301-03	Th	1/5-3/9	10a-12p	12/23	\$30/\$45
281301-04	Th	1/5-3/9	6:30-8:30p	12/23	\$30/\$45
281301-01	M	1/9-3/13	10a-12:30p	12/23	\$30/\$45

## SEWING/ALL LEVELS

Ages 18 & Up • Make a new hat or restore an old favorite. Learn to use clothing patterns to piece together the latest styles. Dress up the view with custom-made window treatments. Instructed by Deloris Johnson.

LOCATION: NORVIEW REC CTR

281302-01	Tu	1/3-3/7	6:30-8:30p	12/23	\$50/\$75
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## SILVER JEWELRY

Ages 18 & Up • Students of all levels work independently to develop individual designs while learning to saw, file, solder and polish metal. Beginning students should be able to bezel set a stone by the end. Advanced students refine skills and learn additional techniques.

LOCATION: VISUAL ARTS CTR

281401-01	Tu	1/3-3/7	10a-12p	12/23	\$55/\$83
281401-02	Tu	1/3-3/7	6:30-8:30p	12/23	\$55/\$83
281401-03	Sa	1/7-2/25	10a-12:30p	12/23	\$55/\$83

## STAINED GLASS: BEGINNER'S

Ages 18 & Up • Learn glass-cutting, copper foil technique, lead coming technique and soldering. Instructed by Robert Peterson.

LOCATION: VISUAL ARTS CTR

281501-01	W	1/4-2/22	6:30-9p	12/23	\$55/\$83
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## STAINED GLASS: INTERMEDIATE & ADVANCED

Ages 18 & Up • Two separate classes in one shared night! Intermediate participants must complete Beginning Stained Glass at the Visual Arts Center and will build and refine skills in cutting, foiling, lead caning and soldering to construct a flat panel lamp. Advanced participants must have completed our Intermediate class and will develop skills by constructing a Tiffany-style lamp or a project of choice. Instructed by Robert Peterson.

LOCATION: VISUAL ARTS CTR

281502-01	M	1/9-3/13	6:30-9p	12/23	\$55/\$83
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## CHALK PASTELS

Ages 18 & Up • Learn to work with tones, mix color and use the contrast of lights and shadows to create exciting drawings. Instructed by Tom Murphy

LOCATION: VISUAL ARTS CTR

181613-01	Sa	11/5-11/19	10a-1p	10/28	\$35/\$53
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# WORKSHOPS

## WORKSHOP: CHALK PASTELS

Ages 18 & Up • Explore portraiture drawing and painting with chalk pastel. Learn to work with tones, mix color and effectively use the contrast between lights and shadows to create exciting drawings. Instructed by Tom Murphy

LOCATION: VISUAL ARTS CTR

281613-01	Sa	1/21	10a-1p	12/23	\$35/\$53
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## WORKSHOP: COLOR THEORY

Ages 18 & Up • A workshop for all the color theory you learned in high School and then forgot. Discover why it's so important and how to apply color theory to painting. Instructed by Thomas Murphy.

LOCATION: VISUAL ARTS CTR

281623-01	Sa	3/4	10a-1p	12/23	\$35/\$53
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## WORKSHOP HOT GLASS!

Ages 18 & Up • HOT GLASS in the Spring! Glass Fusing is back by popular demand with instructor Robert Peterson. Learn how to pair beautiful colored glass together to fuse into one of a kind artworks. Class size is limited. Hurry before space fills up!

LOCATION: VISUAL ARTS CTR

281631-01	F	1/27	10a-1p	12/23	\$35/\$53
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## BEESWAX PHOTO COLLAGE

Ages 18 & Up • Bring along old vintage photos, tissue paper, found objects, anything for scrapbooking or collage to create a unique beeswax photo collage. Instructed by Leigh Babcock

LOCATION: VISUAL ARTS CTR

281632-01	Sa	3/4	10a-1p	12/23	\$35/\$53
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## HANDBUILDING WORKSHOP! NEW!

Ages 18 & Up • Art made from a mold... from a hardware store; the possibilities are endless! Instructed by Ann Ruel.

LOCATION: VISUAL ARTS CTR

281639-01	Sa	2/11-2/17	10a-1p	12/23	\$35/\$53
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## ART SPACE FOR SCRAPBOOKERS NEW

Ages 18 & Up • Are you looking for a studio to share with inspired people joined by a common creative interest? Scrapbooking is contagious! Studio, no instructor.

LOCATION: VISUAL ARTS CTR

281640-01	Sa	1/7-3/11	10-12a	12/23	\$35/\$53
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## ART SPACE FOR KNITTERS! NEW!

Ages 18 & Up • Share a studio space with others who enjoy knitting! Studio, no instructor.

LOCATION: VISUAL ARTS CTR

281641-01	F	1/6-3/10	10-12a	12/23	\$35/\$53
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## ART SPACE FOR BEADWEAVING NEW!

Ages 18 & Up • Find friends who share the same interest in Beadweaving! Studio, no instructor.

LOCATION: VISUAL ARTS CTR

281642-01	Tu	1/3-3/7	10-12a	12/23	\$35/\$53
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## ART SPACE FOR INDEPENDANT ARTIST

Ages 18 & Up • Enjoy independent studio time while you create. Studio, no instructor.

LOCATION: VISUAL ARTS CTR

281643-01	F	1/6-3/10	10-12a	12/23	\$35/\$53
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# SPECIAL EVENTS

Registration begins 12/05

## ART SHOW & BAZAAR

DECEMBER 2, 10:30 A.M. - 3:00 P.M.

Ocean View Senior Center: 600 E. Ocean View Avenue

Free and open to the public.

Get into the holiday spirit and wrap up that shopping list with crafty creations that are sure to please everyone on your list!

## DANCE MAGIC!

December 3, 5:00 p.m.

Harrison Opera House: 160 E. Virginia Beach Boulevard

\$10 per person

Tickets sold at The Scope Box Office and at ticketmaster.com (surcharges apply); sale dates to be announced. Sales are final.

## RPOS SENIOR HOLIDAY PARTY

December 9, 11:00 a.m.

Murray Center: 455 E. Brambleton Ave., Norfolk

Kick off the holidays with a memorable Holiday Party to include: an enjoyable lunch, awesome entertainment, door prizes, and dancing at the Norfolk's "Taste and See Murray Center" (455 E. Brambleton Avenue Norfolk).

\$15 tickets on sale at Ocean View Senior Center: 441-1767 or Southside

Senior Center: 664-6484. *Feel free to bring your friends!*

## GUARDIANS OF THE GREENERY - FOR TODDLERS!

December 15, Delightful Deer!

January 19, Whimsical Winnie

February 16, Nature Sweethearts

10:00 a.m. - 10:45 p.m.

Lakewood Athletic Building: 1612 Willow Wood Drive

The perfect program for toddlers 3-5 years old who are curious about nature and enjoy the outdoors. A specially-selected nature book, nature craft, and adventure awaits! Adults must remain with their children. Registration required. Call (757) 441-5834 for details.

## NUISANCE WILDLIFE PREVENTION - FOR ADULTS

December 15, 6:30 p.m., Sherwood Forest Recreation Center

January 19, 6:30 p.m., Crossroads Community Center

February 16, Fairlawn Recreation Center

Costs of eradicating wildlife once they have infested your home can be high. Learn tips for preventing pest wildlife in your yard and home, such as bats, rats, opossum, racoon, squirrels, birds, and snakes. Registration required. Call (757) 441-5834.

## CRAFT CONNECTIONS - FOR CHILDREN 8-12

December 22, 5:30 - 8:30 p.m.

Lakewood Athletic Building: 1612 Willow Wood Drive

Start winter break off with an evening of nature crafts and hot cocoa! Also know as Parents' Night Out - let the kids have fun with our Park Rangers while you get in some last minute shopping! Registration required; space is limited. Call (757) 441-5834 for details.

## PAUL STREET GALLERY - TWO NEW EXHIBITS!

Paul Street Gallery: 7545 Diven Street (in Titustown Visual Arts Center)

*Acrylics Painting Retrospective & Silver Jewelry*

Opens January 7, runs through February 11

View works by instructor Barbara Mason and her silver jewelry participants.

## Year of the Rooster & Virginia Bonsai Society

Opens February 25, runs through April 29

Our Blue Heron Chapter of the Sumi-e of America presents "Year of the Rooster."

## SWEETHEARTS ON PARADE - SENIOR DIVISION

February 17, 11:00 a.m.

Virginia Beach Holiday Inn: 5655 Greenwich Rd., Virginia Beach

Have a great time with friends and family and celebrate Valentine's Day! You will be served an awesome lunch, enjoy great music, entertainment, prize drawing, and dancing! Bring a friend! \$15.00 tickets on sale at Southside Senior Center: 664-6484 or Ocean View Senior Center: 441-1767.

## SPRING MUSIC RECITAL

June 4, 2:00 p.m.

Norfolk Masonic Temple: 7100 Granby St.

Tickets at \$5.00 per person and may be purchased at the door. Call (757) 441-5833 for details.

## ALL ACCESS PASS TO FUN

It's never been easier to get out and play in Norfolk! With pricing that can't be beat, your RPOS Facility Use ID Card entitles you to access at the city's 18 recreation centers and five pools. Cards valid for one year. Visit [Norfolk.gov/play](http://Norfolk.gov/play) for details.

Youth .....	Ages 5-17 .....	\$10
Adults .....	Ages 18-64 .....	\$20
Seniors .....	Ages 65+ .....	Free
Non-residents .....	All Ages .....	\$50
Daily Guest Pass .....		\$2

## Family Discount Plans

One parent + one child .....	\$25
One parent + up to three children .....	\$30
Two parents + one child .....	\$40
Family of four or more .....	\$50



# HOW TO REGISTER

- Registration is available at [Norfolk.gov/Play](http://Norfolk.gov/Play) and in person. Full payment must be made at time of registration.
- Courses are filled on a first-come, first-served basis.
- Payment is accepted by check or money order made payable to Norfolk City Treasurer. Post-dated, starter or counter checks not accepted. Name and address must be pre-printed on check. Current photo I.D. required. (A \$35 service fee for each returned check.)
- Registrations may be accepted after registration deadline if space is available. A \$5 late fee will apply. No registrations accepted after a course has begun.

## WHEN TO REGISTER

Norfolk Residents • Monday, December 5 at 10:00a.  
Therapeutic Recreation • Registration begins Monday, December 5, promptly at 9:30a by lottery registration process. Lottery tickets distributed from 9:00a-9:30a. . Arrive no earlier than 8:30a.  
Non-Residents • Monday, December 12 at 10:00 a.m.

*This information is not all-inclusive. A complete version of the registration policies and procedures can be found at [Norfolk.gov/play](http://Norfolk.gov/play).*

## GUIDE TO COURSE LISTINGS

Activity #	Day	Dates	Time	Reg. by	Resident/Non-resident fee
123456-01	M	1-3-3/13	6-8p	12/8	\$50/\$75

## REFUND POLICY:

Refunds will be issued in the event of the following ONLY:

- Course cancellation by RPOS
- Deployment
- Illness/injury requiring the individual to discontinue participation.
- Death

Documentation will be required. Accounts will not be issued a credit in lieu of a refund. Refund will be pro-rated in the event it takes place after the start of the course.

## ADDITIONAL INFO:

- If a student misses a class, RPOS will try to accommodate a make up session; no make-up classes are guaranteed.
- Class sessions may occasionally be cancelled due to unexpected circumstances. Every attempt will be made to contact participants and to schedule a make-up session for the class. Ensure contact information is current with instructor.



## Move Mondays!

*Explore fun ways to get  
your week started right!*

[norfolk.gov/moveitmondays](http://norfolk.gov/moveitmondays)

# ONLINE REGISTRATION INSTRUCTIONS

1. Visit [Norfolk.gov/Play](http://Norfolk.gov/Play)
2. Click the "Online Registration Tab"
3. Login & start shopping!

## MEET THE RPOS COMMISSION

The RPOS Commission serves in an advisory capacity to the RPOS Director. Appointed by City Council, the commission serves as Council's eyes and ears in the community, determining the recreation needs and desires of citizens. Contact the commission at [RPOS@Norfolk.gov](mailto:RPOS@Norfolk.gov).



Michael S. O'Hearn  
Retired Capt. US Navy  
Chair



Virginia Alberts



Geroge H. Curtis, IV



Gregg Mottinger



Stephen Powell



David Dearborn

# REGISTRATION

ONLINE REGISTRATION IS EASY! SEE P19.

## WHERE DO I REGISTER?

COURSE CATEGORY	COURSE LOCATION	REGISTER AT:	PHONE#	ADDRESS
Aquatics	Huntersville Indoor Pool	Huntersville Indoor Pool	(757) 664-7431	830 Goff St.
Aquatics	NFWC Indoor Pool	NFWC Indoor Pool	(757) 823-4306	7300 Newport Ave.
Aquatics	Northside Indoor Pool	Northside Indoor Pool	(757) 441-1760	8401 Tidewater Dr.
Aquatics	Southside Aquatic Center	Southside Aquatic Center	(757) 333-3281	1750 Campostella Rd.
Arts & crafts	Any Site Listed	Titustown Visual Arts Center	(757) 441-1227	7545 Diven St.
Dance	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
Fitness	Any Site Listed	NFWC	(757) 823-4301	7300 Newport Ave.
Music	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
Seniors	Any Site Listed	Ocean View Senior Center or Southside Senior Center	(757) 441-1767 (757) 664-6484	600 E. Ocean View Ave. 925 S. Main St.
Martial Arts	NFWC	NFWC	(757) 823-4301	7300 Newport Ave.
Technology	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
Therapeutic Recreation	Any Site Listed	Therapeutic Recreation Center	(757) 441-1764	180 E. Evans St.

## CLASS REGISTRATION FORM

I have read & accept the refund policy on page 19.

Participant Name (or Parent/Guardian if participant under 18) \_\_\_\_\_

Address, City, State, Zip Code \_\_\_\_\_

Phone Numbers (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_ E-mail Address \_\_\_\_\_

PARTICIPANT LAST + FIRST NAME	BIRTH DATE MM/DD/YYYY	SEX	ACTIVITY NUMBER	ACTIVITY NAME	SITE	DAY/TIME	TOTAL FEE

Individuals with a disability are entitled to participate in programs offered by the Norfolk Department of Recreation, Parks & Open Space. If you require any special accommodations, call (757) 441-1764 prior to registration.

Only check or money orders accepted, made payable to Norfolk City Treasurer.

Total Amount Due \$ \_\_\_\_\_

No cash accepted.

Form of payment: ☐ Check ☐ Money Order

Check/Money Order # \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Relationship: \_\_\_\_\_

**Medical Treatment Permission & Acknowledgment of Risks:** In consideration of my participation in the activity provided by and through the City of Norfolk Department of Recreation, Parks & Open Space (RPOS), I, for myself or on behalf of the participant who I represent, authorize City of Norfolk employees to take and provide all necessary medical attention should I, or the participant who I represent, be injured while participating or being transported to or from any RPOS-sponsored activity. I have read the policies pertaining to cancellations, refunds, rules and regulations as they pertain to this activity. I acknowledge the risks and responsibilities involved in these activities, and assume the risks and responsibilities involved in these activities. I assume these risks realizing the capabilities of the person(s) participating. I have read this release and understand all its terms and execute it voluntarily and with full knowledge of its significance.

Signature of participant \_\_\_\_\_ Signature of parent/guardian (if participant under 18) \_\_\_\_\_ Date \_\_\_\_\_

**Photo Permission Release Agreement: OPTIONAL.** I understand that I, or the participant who I represent, may be photographed and/or videotaped while participating in this activity. I agree to allow the City of Norfolk Department of Recreation, Parks & Open Space to use said photographs and/or videotapes in Department publications, media campaigns, and/or for educational and safety training purposes. I further waive any compensation for publishing and/or printing such photographs. I understand that by affixing my signature on this form, I attest to having read, fully understand and agree to the conditions as set forth above.

Signature of participant \_\_\_\_\_ Signature of parent/guardian (if participant under 18) \_\_\_\_\_ Date \_\_\_\_\_